

HEALTHFIRST

APRIL 2005 Events at HealthFirst Center (Valley Hills Mall)

Programs & screenings are held at the HealthFirst Center at Valley Hills Mall unless otherwise noted. Note: ☎ requires pre-registration. Please notify the HealthFirst Center if your address has changed or if you wish to be removed from our mailing list.

1/Fri – HEART TO HEART TALK

12 noon Join Pat Benfield, Coordinator for CVMC's Cardiac Rehab as he shares important up-to-date information on achieving and maintaining a heart healthy way of life. ☎

2/Sat – LADIES' MORNING OUT: FAMILY TREE

11am Join Pat Ratcliff as she demonstrates how to use the Internet to research your family tree. Breast health information, door prizes and refreshments will be included. ☎

2/Sat – JEOPARDY FOR 400

12 noon Offered as a follow-up class for FreshStart Smoking Cessation participants or anyone interested in quitting smoking. ☎

2/Sat – FRESHSTART SMOKING CESSATION

1pm Offered by Peggy Messick, RN and Ellie Husvar, Coordinators for CVMC. This free class is open to anyone interested in quitting smoking. ☎

3,10,17,24/Sun – LAMAZE

3:30pm Certified through Lamaze International, this class is designed to assist expectant parents through the delivery process.

4,11,18,25/Mon – HARMONY YOGA

10am Offered each Monday morning, this class will assist with relaxation while strengthening the mind and the body. Participants in this class must be 16 years of age and older.

4/Mon – SENIORS' HEALTH FAIR

8:30am-11:30am Join CVMC and a variety of other county agencies for screenings and health information at CVCC's multi-purpose building. This event is co-sponsored by Seniors' Morning Out.

4/Mon – FREE BONE DENSITY SCREENING

4pm-6pm Offered to men and women aged 35 and older. This screening offers a baseline risk factor for osteoporosis and is not intended for diagnosis purposes. It should be at least one year since your last bone density screening and expectant moms will need to decline. No appointment necessary.

4,11,18,25/Mon – INFANT MASSAGE CAMP

5:30pm Offered by CVMC's Certified Instructors through International Association of Infant Massage, this class will promote a loving communication between parent and child. Massage increases babies' respiratory, circulatory and gastrointestinal functions. Participants will receive massage oil, infant T-shirt, certificate and instruction book at the last class. The cost is \$35 and pre-registration is required. ☎

5,12,19,26/Tues & 7,14,21,28/Thurs – AEROBICS

9am Offered each Tuesday and Thursday morning and taught by CVMC's Certified Instructors, this low impact class will assist you in maintaining cardiac health. Participants in this class must be 16 years of age and older.

5,12/Tues – POSITIVE PARENTING

6:30pm Meeting in two sessions, this class eases the transition into parenthood and fosters a healthy start for your child. ☎

6,13,20,27/Wed – HARMONY YOGA

9am Offered each Wednesday morning, this class will assist with relaxation while strengthening the mind and the body. Participants in this class must be 16 years of age and older.

6,20,27/Wed & 19,26/Tues – LAMAZE

7pm Certified through Lamaze International, this class is designed to assist expectant parents through the delivery process.

7,14/Thurs – REFRESHER LAMAZE

6pm Offered as a review for parents. The class will cover relaxation and the delivery process.

8/Fri – COOKING DEMO: EGG DISHES

12noon Join CVMC's Executive Chef Thua and Lynn Geissele, Registered Dietitian for an "eggstra" special presentation on breakfast and brunch ideas. They will feature both egg and egg substitute quick and easy recipes. ☎

9/Sat – CAREGIVERS: GENERAL CAREGIVING SKILLS

11am Chances are you won't be able to tell how your loved one's body is functioning by his appearance. To get an accurate report of how the body is working, you have to read the signs - the vital signs. Learn how to read the vital signs; pulse, breathing rate, blood pressure, temperature and what you need to know to give medicine. ☎

10/Sun – MOM TO MOM

1pm-2pm A support group for moms and families struggling with depression and emotional issues during and after pregnancy.

11/Mon – MEDICAL EXPLORER SCOUTS

7pm Offered to all teenagers interested in pursuing a career in the health education or medical field. ☎

12/Tues – DE-MYSTIFYING REIKI

12noon Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. Join Elizabeth Graham as she shares information and provides a demonstration on Reiki. ☎

13,27/Wed – INFANT MASSAGE

10am Offered the 2nd and 4th Wednesdays of each month, this drop-in class will help promote positive parent and child bonding. Massage strengthens baby's respiratory, circulatory and gastrointestinal functions.

13/Wed – RECOGNIZING CHILDREN'S DEVELOPMENTAL MILESTONES

12 noon Join CVMC's Jen Strong, Physical Therapist; Chellie Whelan, Occupational Therapist and Ann Marie Fernandez-Miller, Speech Language Pathologist as they provide information on developmental milestones for gross and fine motor coordination, perceptual skills, language and cognitive development. The focus is for children ages birth through three years.

15/Fri – SENIORITY BINGO

10am Pre-registration is required. Join others for a fun-packed hour of fellowship and bingo. ☎

15/Fri & 16/Sat – HEAD AND NECK CANCER SCREENING

12:30pm Fri. & 10am Sat. Offered by Graystone Ear, Nose and Throat Associates by appointment only. ☎

16/Sat – BABY SITTERS' CLINIC

10am-3:30pm Offered to kids age 12 and older who are interested in learning about safety issues related to baby sitting. The cost is \$10 to cover class supplies and lunch. Participants will need to be picked up at the HealthFirst Center. ☎

16/Sat – FREE PROSTATE SCREENING FOR MINORITY MEN

10am-12noon The screening will include the PSA blood test and the digital rectal exam. Offered to men age 40 and older. The CVMC mobile unit will be in the parking lot of Winn-Dixie on Springs Road. Please call for an appointment. ☎

18/Mon – CANSURMOUNT SUPPORT GROUP

7pm Join others who can offer support to newly diagnosed cancer patients and their families. ☎

21/Thurs – LUNCH 'N LEARN: MULTIPLE SCLEROSIS

12noon Join Dr. Robert Yapundich of Neurology Associates as he presents updated information on Multiple Sclerosis and treatment options. Pre-registration is required to receive lunch. ☎

21/Thurs – BREAST CANCER AWARENESS

6pm Join Dr. Ron Locke of Carolina Surgery and Cancer Center, PLLC as he discusses new imaging technology and how it relates to diagnosis and treatment of breast cancer. ☎

23/Sat – INFANT CPR

10am Learn Cardiopulmonary Resuscitation for infants in this class taught by CVMC's Certified Instructors. This class is open to our Lamaze parents and grandparents and is not intended for certification purposes. ☎

23/Sat – JEOPARDY FOR 400

12 noon Offered as a follow-up class for FreshStart Smoking Cessation participants or anyone interested in quitting smoking. ☎

23/Sat – CHILD CPR

1:30pm Learn Cardiopulmonary Resuscitation for children in this class taught by CVMC's Certified Instructors. This class is open to our Lamaze parents and grandparents and is not intended for certification purposes. ☎

25/Mon – FOREVER YOUNG: SKIN DAMAGE SCREENING

7pm Please join Jennifer Hopson, Pharmacist from Kerr Drugs for a skin damage screening and discussion on prevention methods. There is a \$5 charge. Please call to register. ☎

28/Thurs – SENIORS' HEALTH INSURANCE INFORMATION PROGRAM (SHIIP)

11am-1pm Join a counselor for updated information on Medicare eligibility, enrollment, coverage and the new Medicare prescription discount card. ☎

28/Thurs – GREAT START BREAST FEEDING CLASS

6pm Offered by CVMC's Certified Lactation Consultants, this class offers breastfeeding instruction to Moms for infants through first year of life. ☎

30/Sat – NATIONAL SAFE KIDS DAY

10am-1pm Join the Catawba County SAFE KIDS Coalition for a day of fun and safe activities to kick off SAFE KIDS week. Activities will take place in Valley Hills Mall, lower level outside the HealthFirst Center. ☎

30/Sat – SPORTS PHYSICALS

10am Offered to kids ages 12-18. By appointment only. Cost \$20.00. Parents must be present with child for physical. ☎



CATAWBA VALLEY
MEDICAL CENTER

32nd Magnet
Hospital in
the Nation



To register for these events, receive general health care information, or obtain more information about the HealthFirst Center call: 828/485-2300 or visit us online at: www.catawbavalleymc.org